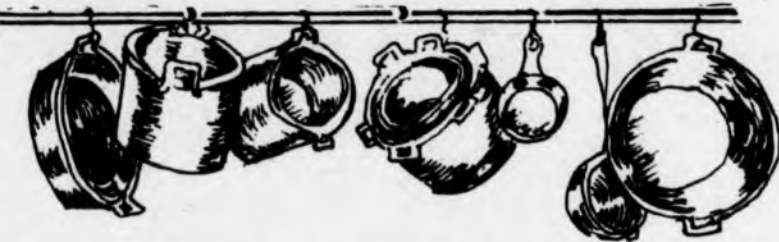


## from the kitchen

By Joan Pinkham

Those of us who save elastics, string and milk cartons used to be thought of as weirdos. But now, with inflation hitting over 13 per cent, we're at last coming into our own. No longer do they hoot as we spend considerable time undoing knots in string so we can reuse it. Petty economies fast are becoming the vogue. Hanging out the wash instead of turning on the dryer, turning off the dishwasher just after the dry cycle starts and switching off the lights in unused rooms are energy savers.

As always, it's the little things that count. Those of us who have refined the art, save pins from new shirts and blouses and even milk cartons that make wonderful kindling, as do ice cream cartons and candle stubs. They kindle quickly. When you have the oven on, plan the meal so rice and vegetables can be baked along with meat. Now, when



tomatoes are foisted upon us by all who have gardens, tuck this casserole in your oven. It's a favorite at the Peter Glick's house.

### BAKED STUFFED TOMATOES

Choose medium-sized tomatoes. Wash and scoop out inside to form hollow cup. Dust with salt and fill with this mixture, enough for 6 tomatoes:

- 1 c. left-over cooked rice, or soft crumbled bread
- 1 T melted butter
- 1/2 c. minced cooked meat
- Onion juice, salt and pepper

Place in a baking pan containing a little water. Lay thin slice of bacon on top of each tomato. Bake in 350 oven 35 to 40 min.

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Saving gift boxes is a passion with some, and many iron miles of ribbon to go right back on other packages. Grocery bags are not only great for lining the waste basket but come in handy for wrapping out-of-town gifts to be mailed. The plastic bags for fruits and vegetables at the produce counter can be used over again, and some customers have been known to take a few extras from the roller. Don't use up your costly gas to run to the store when your sweet tooth is acting up. Junk foods are costly and do nothing for us nutrition-wise. But if your child has a passion for peanut butter, Mary Creed's cookies are rich in protein and delicious as well.

### CHEWY PEANUT BARS

- 1 c. all-purpose flour

- 1 1/2 tsp. baking powder
  - 1/2 tsp. salt
  - 3/4 c. sugar
  - 1/2 c. creamy peanut butter
  - 1/4 c. honey
  - 2 eggs
  - 1 c. salted peanuts, chopped
- Combine flour, baking powder and salt. In separate bowl, mix sugar, peanut butter and honey til smooth. Beat in eggs, one at a time. Gradually add flour mixture. Stir in peanuts. Spread in greased 9" pan. Bake at 350 degrees 20 to 25 min., or until cookies begin to shrink from sides of pan. Cool 15 min. Cut into squares.

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One housewife we read of is a real 'penny pincher,' even though her husband is the former chairman of the New York Exchange. She's into aluminum foil, using it more than once after washing it, smoothing it out and storing for future use. Old toothbrushes are also saved to clean silver. To reach the heights when it comes to being miserly, you might want to save on the cost of your pantyhose. Buy two pair of the same color and when one leg gets a run, chop it off and save until the second pair also get a run in one leg. That is also chopped off to make a complete pair. It means wearing two pair of pants with one leg each, but who's to know? Your ideas are always welcome — recipes, too, of course. And if you care to share your thoughts on favorite ways of saving, give me a call.

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